

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
JANUARY 2023

REMEMBER

Please send me your accomplishments and personal updates for the February 2023 Kudos

SAVE THE DATES

FACULTY DEVELOPMENT SEMINARS

Upcoming faculty development seminars, which will be held from 9:00-10:30a, [Zoom](#) link:

- Wednesday March 15, 2023 – Promotion: Writing an Effective Personal Statement
- Wednesday May 17, 2023 – Powerpoint: From Basics to Innovation

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am. These meetings are on [Zoom](#).

SPOTLIGHTS

FACULTY SPOTLIGHT: Jennifer Stevens, PhD

Jennifer Stevens is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Emory University. She joined the department in 2012 as a postdoctoral fellow with Kerry Ressler, and became an Assistant Professor in 2018. Her work focuses on the impacts of trauma and posttraumatic stress disorder (PTSD) on brain function. Her lab at Emory, the Grady Trauma Project, is a collaborative group that is one of the world's largest studies of civilian trauma and its impacts on the brain and mental and physical health. She also recently joined the Center for Visual and Neurocognitive Rehabilitation (CVNR) at the Atlanta VA, as Director of the Neuroimaging Core.

Jennifer's current studies focus on identifying brain-based factors that contribute to the maintenance of PTSD symptoms over months and years. One big goal of this work is to understand neural risk mechanisms that could be directly targeted in the first few hours or days after a trauma exposure, when many patients are making contact with the healthcare system. She also studies the how hormones change the way that the brain forms fear memories. A new study in collaboration with Vas Michopoulos and Alicia Smith will focus on the perimenopause as a time of heightened risk for PTSD, and will test the hypothesis that fluctuations in estradiol, progesterone and other hormones may require major brain adaptations that promote hyperarousal and intrusive memories. Her team is also conducting mechanistic studies of how estradiol "withdrawal" after ovulation may contribute to fear extinction deficits in young women, using a transdermal estradiol patch to prevent withdrawal.

Jennifer has authored over 120 publications focusing on the neuroscience of trauma and resilience, and her work has been honored with early career awards including Emory's 2021 Woodruff Scholar Early Independence Award, and a BIRCWH K12. As Neuroimaging Core Director at the CVNR, she is working to make cutting-edge neuroimaging biomarkers accessible to scientists across a variety of disciplines, to support the vibrant multidisciplinary research community at the Atlanta VA.

Jennifer lives in Marietta, with her husband Kit and sons Attley (age 6) and Strafford (age 8). Their family has a not-small family chicken farm that started during the pandemic as a hobby. She also spends a lot of time cheering loudly for her kids' sporting events. She loves cooking and finding new books through the Libby app.

TRAINEE SPOTLIGHT: John Deppe, MD

John Deppe is a trainee on the Global Health Psychiatry/Global Health Residency Scholar Program (GHRSP) /GLOBE track. He also provides psychiatry care as part of global health track at Clarkston clinic. He spends clinic time with treatment resistant depression, PSTAR, Women's mental health, as well as a VA Atlanta chief resident. John started a monthly interventional psychiatry journal club and spends time as a Grady Hospital Medicine moonlighter.

John's responsibilities outside of Emory include the Association of Medicine and Psychiatry (AMP) Global Health Committee member planning webinars, journal clubs, and connecting people from different institutions to promote global health and global health programming, as well as the Georgetown University Alumni Admission Program alumni interviewer of applicants from the Atlanta area.

What John most enjoys about his work and why are the relationships he gets to forge with patients and families, being part of a patient centered team and figuring out treatment plans to meet patient goals, learning from patients (he feels so humbled when he asks a question and the answer is something he would have never imagined) and being in a department paving the way in terms of treatment care. From interventional psychiatry to medication management to psychotherapy, he feels lucky every day that Emory has leaders in the many various domains of modern psychiatric care.

Key highlights of John's career trajectory to date include being a Wellborn Fellowship Recipient to support global health efforts during residency and getting to learn with and from a department of diverse and passionate minds.

John's goals/plans for the future are caring for whole patients and families using skillsets from psychiatry and internal medicine, building interdisciplinary bridges to foster discussions between patients and various care teams to meet patient care goals and to not work in silos, while continuing to deepen roots in Atlanta!

John's interests and involvements outside of the workplace include cycling, travel, photography, music, cooking and kayaking. He also enjoys "beating" (stumping maybe

is a better word) the Shazam app that can identify essentially any song with 78 records that perhaps should not be listened to anymore.

STAFF SPOTLIGHT: Leslie Mann

Leslie Mann is currently the fellowship coordinator for three fellowships - child and adolescent psychiatry (CAP), consultation-liaison (CL) and psychiatry and geriatric psychiatry. In this role, she works closely with the program directors to keep the fellowships accredited and train future CAP, CL and geriatric psychiatrists.

Outside of Emory, Leslie is mom to 6-year-old Russell and 4-year-old Darcie. For the past couple of years, Leslie has been volunteering with her son's school – Briarlake Elementary. Doing things with the PTA, helping with events and this year even being the classroom parent for his first grade class, which has been interesting. She is also the coordinator for her kids' social lives. From sporting events, school activities, birthday parties and play dates, she keeps track of their calendars and gets them where they need to be.

What Leslie most enjoys about her work is working with the fellows! She gets to meet people from all over the world. It is fun to hear about their experiences and get to know them. The fellowship is only for a year, and it is sad when they leave to pursue their careers, but it is always exciting to bring in and work with her next group. Leslie learns so much from her fellows and she is such a small part of their lives, but she hopes to have made a positive impression on them like they have done for her. She also loves working in the psychiatry department. Leslie is not sure if it just psychiatrists in general or this group but everyone she works with is great. The faculty are easy to work with, every single one of the fellows she has worked with has been amazing and the group of coordinators in the education department have been the absolute best (past and present). She truly feels like part of a team and thankful to be surrounded by such wonderful, compassionate, understanding people.

Leslie has been in this position for eight years. She started out as the coordinator for two programs - the geriatric psychiatry and consultation-liaison psychiatry fellowships - and then the child and adolescent psychiatry fellowship was added, which expanded her role and gave her the opportunity to work closely with even more people.

In terms of the future, professionally, her plans are to continue working in the psychiatry department. She has a great group surrounding her, and works with three amazing program directors who are beyond supportive of her growth both professionally and personally. Leslie hopes to continue to support even more future child, CL and geriatric psychiatrists and hopes to help her programs grow even more. Personally, her plans are to travel more, with and without the kids.

Outside of work, Leslie's whole family is very active in sports, so they spend a lot of time at soccer games, swim competitions and dance classes. She also loves to travel and read, and now that her kids are older, she plans to do more of both.

ADJUNCT FACULTY SPOTLIGHT: Zainab Delawalla, PhD

Zainab Delawalla has a private practice in Decatur, where she works mostly with young professionals struggling with managing life transitions. Many of her clients identify as first or second-generation immigrants, who in addition to dealing with depression or anxiety, are also grappling with various facets of their personal identity.

Zainab has been working with psychology trainees in both the clinical graduate program, as well as the school of medicine, providing supervision in CBT and other empirically supported therapeutic modalities.

Emory has been such a formative part of Zainab's educational and professional journey, in no small part due to the wonderful mentors she had. She feels privileged to be able to work with graduate students and medical residents and contribute to the circle to mentorship. Working one-on-one with trainees is extremely rewarding because she can talk about the nuts and bolts of how to apply psychological knowledge to help people feel more connected to themselves and their communities. It also allows to look at how various identities (gender, race, religion, SES, etc) impact the understanding of ourselves and of each other, in a way classroom discussion couldn't quite facilitate.

Outside of work, Zainab loves being in the kitchen, cooking and baking for friends and family. In her previous life (before she had kids), she was an avid photographer, and is hoping to get back to being behind the camera again soon.

WELCOME NEW FACULTY

Alexandra Perez, PsyD, is a licensed clinical psychologist who specializes in neurodevelopmental assessments and therapy for children suspected of being prenatally exposed to various substances. She also conducts individual and family therapy for children with behavior and mood disorders. Her research and clinical interests include the impact of multicultural factors on treatment effectiveness, as well as interventions for families and children who have been affected by abuse and/or neglect. She is currently receiving training for Parent Child Interaction Therapy (PCIT). Dr. Perez is fluent in both English and Spanish.

FACULTY LEAVING

Michael Morrier, PhD, BCBA-D – After more than 30 years in various roles at the Emory Autism Center, Michael is retiring from the Center. He came to Emory in 1992 when the Walden Early Childhood Center relocated from the University of Massachusetts – Amherst. At the EAC, he has worked as research coordinator, assistant director, and program director for the child assessment child and the Early Emory Center for Child Development and Enrichment. He will continue in the field as an Independent Certified Trainer on the Autism Diagnostic Observation Schedule, 2nd edition (ADOS-2) as well as consult to regional and national programs on how to embed and implement applied behavior analysis within natural environments.

WOMEN'S FACULTY SUBCOMMITTEE UPDATES

TIP #4: Remember psychological reactance when planning DEI-related activities

Psychological reactance is a knee-jerk reaction to do the opposite when you believe your choice is being taken away (Steindl et al., 2015). Data shows sometimes resistance or bias increases when DEI-initiatives are made mandatory. Remember Humpty Dumpty? He didn't have an urge to sit on the wall until he saw the sign that read, "Wall sitting is strictly prohibited, especially if you're an egg!" When working to engage others in DEI, remember to consider incentives as a viable strategy.

"Incentive is a more effective method than penalization to teach something." Kailash Aaithan

Reference:

Steindl C, Jonas E, Sittenthaler S, Traut-Mattausch E, & Greenberg J. (2015). [Understanding Psychological Reactance: New Developments and Findings.](#) Zeitschrift fur Psychologie, 223(4), 205–214.

Wellness Committee

Wellness Resources:

Healthy Emory is bringing back the [Eat Smart, Move More, Weigh Less](#) program in September.

Challenges with Healthy Emory are ongoing - the Sharecare app is the platform and incentive dollars are available!

[Operation Eat Right](#) encourages you to improve your nutrition and boost your well-being using Healthy Emory Connect!

Resources from Healthy Emory and a link below to the ACPH.

- [Benefits](#)
- [Rewards](#)
- [Career](#)
- [Learning](#)
- [Wellness](#)
- [Work Life](#)
- [Employee Assistance](#)
- [Employee Assistance – Physician Wellbeing Conference](#)

Healthy Emory resources including the Sharecare platform for Move More, Refresh from Stress and more! Open to University and Healthcare Employees

[Healthy Emory Connect | Emory University | Atlanta GA](#)

Wellbeing and mental health support for Emory University Employees [Faculty Staff Assistance Program](#) and for [Emory Healthcare Employees](#) username EHC (800 327 2251)

Graduate Medical Education Well-being [Resident Well Being | Emory School of Medicine](#)

International Conference on Physician Health (alternates years with American Conference) [International Conference on Physician Health™ | American Medical Association \(ama-assn.org\)](https://www.ama-assn.org)

[Dr. Lorna Breen Heroes Foundation | Dedicated to Protecting the Well-Being of Physicians and Health Care Professionals \(drlornabreen.org\)](https://drlornabreen.org)

Office of Well-Being established for Woodruff Health Sciences
[Emory's Woodruff Health Sciences Center establishes Office of Well-Being | Emory University | Atlanta GA](https://www.emory.edu/woodruff/office-of-well-being/)

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Geoff Goodman was appointed at the rank of professor in the Emory School of Medicine - Department of Psychiatry and Behavioral Sciences.

Research

Beach S, Ernst C, Greenstein S, Lavakumar M, Schwartz A, Heinrich T. "A survey of adult psychiatry residency programs about training in C-L psychiatry." (Abstract) (2022) *Journal of the Academy of Consultation-Liaison Psychiatry*; 63:S103-104.

Bowes SM, Strother A, Ammirati RJ, & Lutzman RD. (2022). Intellectual humility: Definitions, questions, and Scott O. Lilienfeld as a case example. In CL Cobb, SJ Lynn, & W O'Donohue (Eds.), [*Toward a science of clinical psychology: A tribute to the life and works of Scott O. Lilienfeld*](#) (pp. 105 – 122). Springer.

Cai H, Bai W, Du X, Zhang L, Zhang L, L YC, Liu HZ, Tang YL, Jackson T, Cheung T, AN FR, Xiang YT. (2022). COVID-19 vaccine acceptance and perceived stigma in patients with major depressive disorder: a network perspective. *Translational Psychiatry*, 12(1):429. doi: 10.1038/s41398-022-02170-y.

Cai H, Jin Y, Liu R, Zhang Q, Su Z, Gabor S, Tang YL, Ng CH, Xiang YT. (2022). [*Global prevalence of depression in older adults: a systematic review and meta-analysis of epidemiological surveys*](#). *Asian Journal of Psychiatry*..

Dedania R & Magalotti SR. (2022). Transfer on death agreement and mental capacity. *The Journal of the American Academy of Psychiatry and the Law*, 50(4), 648-650. doi: 10.29158/JAAPL.220088-22

Dunlop BW, Cha J, Choi KS, Rajendra JK, Nemeroff CB, Craighead WE, Mayberg HS. (2023). Shared and unique changes in brain connectivity among depressed patients after remission with pharmacotherapy versus psychotherapy. *American Journal of Psychiatry*. doi: 10.1176/appi.ajp.21070727

Gray JC, Murphy M, Carter SE, Johnson MW, Wolfgang AS, Roy MJ, Maples-Keller JL. (2022). [Beliefs and perceived barriers regarding psychedelic-assisted therapy in a pilot study of service members and veterans with a history of traumatic brain injury](#). *Military Medicine*.

Jiang F, Liu H, Tang YL. (2022). Editorial: Mental health of healthcare professionals. *Frontiers in Psychology*, 13. 1093569. doi: 10.3389/fpsyg.2022.1093569

Katrinli, S., King, A.P., Duval, E.R., Smith, A.K., Rajaram, N., Liberzon, I., & Rauch, S.A.M. (2023). DNA methylation GrimAge acceleration in US military veterans with PTSD. *Neuropsychopharmacology*. doi:10.1038/s41386-023001537-

Ku BS, Haase E. Clearing the air for mental health: The Clean Air Act of 1963." In *Seven Stories of How Americans Fought for Their Mental Health Through Federal Legislation*, edited by Michael T. Compton and Marc Manseau, 97-131. Washington, DC: American Psychiatric Association Publishing, 2023.

Ku B, Schwartz A, Smith A. (2022). "A sleepless night on ifosfamide: A case of mania following cancer chemotherapy." (Abstract). *Journal of the Academy of Consultation-Liaison Psychiatry*, 63.S15.

Lambert TP, Gazi AH, Harrison AB, Gharehbaghi S, Chan M, Obidee M, Alavi P, Murrah N, Schallenberger L, Driggers EG, Ortega RA, Washington B, Walton KM, Tang YL, Gupta R, Nye JA, Welsh JW, Vaccarino V, Shah AJ, Bremner JD, Inan OT. (2022). [Leveraging accelerometry as a prognostic indicator for increases in opioid withdrawal symptoms](#). *Biosensors*, 12. 924.

Patton SC, Hinojosa CA, Lathan EC, Welsh JW, & Powers A. (2023). Validating the Primary Care Posttraumatic Stress Disorder Screen for DSM-5 (PC-PTSD-5) in a substance misusing, trauma-exposed, socioeconomically vulnerable population. *Addictive Behaviors*.

Ravi M, Mekawi Y, Blevins EJ, Michopoulos V, Stevens J, Carter S, & Powers A. (2023). Intersections of oppression: Examining the interactive effect of racial discrimination and neighborhood poverty on PTSD symptoms in Black Women. *Journal of Psychopathology and Clinical Science*.

Schultebrasucks K, Stevens J, Michopoulos V, Maples-Keller J, Smith R, Rothbaum B, Ressler K, Galatzer-Levy IR, & Powers A. (2023). Development and validation of a brief screener for posttraumatic stress disorder risk in emergency medical settings. *General Hospital Psychiatry*.

Sterina E, Gregory N, Hermida AP. (2022). Acute and prophylactic management of postictal agitation in electroconvulsive therapy. *The Journal of ECT*. doi: 10.1097/YCT.0000000000000886

Villongco C, Lee S, Edukuye O, Schwartz A. (2022). Clozapine-induced extrapyramidal symptoms in a Korean-American woman.” (Abstract). *Journal of the Academy of Consultation-Liaison Psychiatry*, 63. S25-26.

Welsh JW, Yarbrough CR, Sitar SI, Mataczynski MJ, Peralta AM, Kan M, Crawford ND, Conrad TA, Kee C, Young HN. (2022). Demographic and socioeconomic correlates to buprenorphine access in pharmacies. *Journal of the American Pharmacists Association*. S1544-3191(22)00411-3. doi: 10.1016/j.japh.2022.12.015

Xia L, Cheng Y, Wang J, Liu L, Tian Y. **Tang YL**, Jiang F, Liu H. (2022). [Posttraumatic stress symptoms and attitudes toward the China Eastern Airlines plane crash in flight and train attendant students and the general public.](#) *International Journal of Environmental Research and Public Health*, 19(18), 11400. doi: 10.3390/ijerph191811400

Honors, Awards, Rankings

Toby Goldsmith was elected as a Distinguished Fellow of the American Psychiatric Association, effective January 1, 2023.

Jennifer Grant was selected as a 2023-24 CFDE Diversity, Equity and Inclusion (DEI) Teaching Fellow.

Monique Hunter has been selected as a member of the 15th cohort of the American Psychological Association Leadership Institute for Women in Psychology Signature Program. Selection into this program represents recognition of her career achievements and demonstrated leadership potential. As a member, she will participate in a values-driven, project-based program dedicated to enhancing the leadership capabilities of women psychologist leaders. Monique has served in multiple leadership roles within the Atlanta VA, including most recently serving as Acting Chief of Mental Health Service Line since June 2022.

Yilang Tang was invited to serve as a co-guest editor for a special Collection of the Scientific Reports, “Burnout and Stress.” It is open for submissions now.

Education

None reported

Presentations

Adriana Hermida was invited by the Royal College of Psychiatrist to speak at their annual ECT and Neuromodulation Conference in London, UK and presented on the following: Cardiovascular Side Effects of ECT and ECCA, a Practical Tool for Identifying and Monitoring Cognitive Side Effects in ECT.

Media

Rachel Hershenberg (1) Men's Health – [#Gains Explained: How Can I Work Out When I'm Depressed?](#) (2) Men's Health – [Gains, Explained: Do I Really Have to Go to the Gym?](#)

Nadine Kaslow (1) Yahoo News – [Many Young Adults Experiencing High Levels of Psychological Distress During Pandemic](#) (2) WPXI-TV – [Many Young Adults Experiencing High Levels of Psychological Distress During Pandemic](#)

Sheila Rauch (1) HealthDay – [3-Week Program Effective in Helping to Ease Combat-Linked PTSD](#). US News & World Report – [3-Week Program Effective in Helping to Ease Combat-Linked PTSD](#). St. Louis Post-Dispatch – [3-Week Program Effective in Helping to Ease Combat-Linked PTSD](#).

Personal

Maria Nylocks and husband Ryan Brossette welcomed baby boy Casper James Nylocks on 9/6/2022, born at Emory Midtown. Baby and parents are healthy and happy.

Jeff Rakofsky and his husband, Ben are now the proud fathers of Charlotte Maya Rakofsky-Thorpe, known affectionately as Charlie. She was born weighing 6lbs and 13 ounces in a Nashville, Tennessee hospital with the help of a wonderful surrogate and her family.

ADJUNCT KUDOS

None reported

TRAINEE KUDOS

Lathan EC, Petri JM, Haynes T, Sonu SC, Mekawi Y, Michopoulos V, & Powers A. (2023). Evaluating the performance of the Primary Care Posttraumatic Stress Disorder Screen for DSM-5 (PC-PTSD-5) in a trauma-exposed socioeconomically vulnerable patient population. *Journal of Clinical Psychology in Medical Settings*. doi: 10.1007/s10880-023-09941-9

Terwilliger T, Hall MAK, Galante E. (2022). Idiopathic intracranial hypertension: An unusual cause of headache in a patient with sickle cell disease. *Journal of Investigative Medicine High Impact Care Reports*. 10. doi: 10.1177/23247096221140248

Margaret Wohlleber graduated from the GME Medical Education Track in December 2022. For her capstone project, Margaret created medical education podcasts that provide board-focused studying tools for students on their psychiatry clerkships. The podcasts episodes cover psychiatry-specific topics such as antipsychotics and catatonia.

Tampi RR, Tampi DJ, Farheen SA, Ochije SI, Joshi P. (2022). [Propranolol for the management of behavioural and psychological symptoms of dementia](#). *Drugs Context*, 11, 8-3.

STAFF KUDOS

None reported